



THE OAKHAM HERALD

August 2023

Published by the Oakham Council on Aging

Mission Statement: It is the mission of the Senior Center Council on Aging to identify the total needs of the community's Senior Citizens, to link services to those needs and to improve the quality of life of our seniors by providing an active outreach program, providing intergenerational opportunities for community involvement, and providing services as needed.

OAKHAM SENIOR / DROP-IN CENTER:

HOURS: Mon thru Thurs, 11 am-12:30 pm

CLOSED: Fridays, Saturdays, Sundays
major holidays, school snow days.

PHONE: 508-882-5251; 508-882-4073 (COA)

Activities Coordinator: Melanie Silva

COA BOARD MEMBERS:

Chair: Barbara Wreschinsky
Vice-Chair: Jan Handrahan
Treasurer: Lucy Tessnau
Secretary: Susan Richard
Members: Priscilla McGwynn
(Secretary of Celebrations)
Rick Hendra
(Editor: Herald)

Volunteers: Jane Pease, Judy Menard

Assoc. Members: Jan Pierce

BACK DOOR CAFÉ:

Coordinator: Jan Pierce
Volunteers: Pauline Dwelly
Diane Rochette

NEWSLETTER: Rick Hendra
Lucy Tessnau
Melanie Silva
Jan Handrahan
Susan Richard

AUGUST EVENTS: (see also p. 2)

Blood Pressure Clinic: Thurs., Aug. 10, from
11 till 1:45 am. Walk in - no charge!

Podiatry Clinic: Aug. 28 (call for appointment)

August 4: Lunch & Learn at Noon w/Melanie
– Making Smoothies!

August 9: Lake Dean Senior Picnic at 11 am

August 18: Lunch Bunch will be at Val's 12:30!

August 24: Birthday Lunch at 11:30. Looking
to celebrate all those born in August!

August 25: Prep Day for Town-wide Yard Sale

August 26: TOWN-WIDE YARD SALE!!

August 30: Ice Cream Social at 12:30 pm.

Movie Wednesdays at 1 pm: (p. 2 for more)

August 2: "Dr. No"

August 23: "Fiddler On The Roof"

Corn Hole Tuesdays: Every Tuesday from
10 - 11 am, on the Common if nice, at the
Church if not.

Cards & Cribbage Tuesday afternoons @ 1 pm

Coffee Wednesdays - with friends! social
hour – Every Wednesday 9 - 11 am

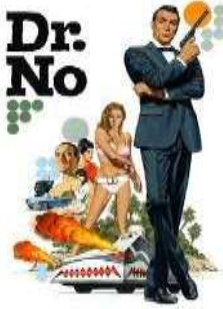
Thursdays 12:30 BBC – Best To Be Cool:

Bring a craft or project you want to finish
enjoy a BBC series and cool off.

Zumba: Gold - Every Monday and Friday from
10:30 - 11:15 am in the Voting Room

MOVIE WEDNESDAYS! 1 pm at the SenCen:

August 2: "Dr. No" (PG)



Dr. No is a 1962 spy film – the first in the James Bond series. Directed by Terence Young, it stars Sean Connery, Jack Lord, Ursula Andress and Joseph Wiseman. Dr. No is a megalomaniac trying to disrupt the US Space Program

to demonstrate the power of SPECTRUM and maybe extort some cash. It's one of the best films in the franchise.

Aug. 23: "Fiddler On The Roof" (G)



Directed by Norman Jewison from a screen play by Joseph Stein, the movie is based on the 1964 stage musical of the same name. Set in early 20th century Imperial Russia, the film centers on old Tevye, played by Topol, a poor Jewish milkman faced with the task of marrying off his five daughters amid the

growing tensions in the shtetl. The film won 3 Academy Awards, including Best Score, and a Golden Globe for Best Picture/Musical or Comedy.



THE LUNCH BUNCH DOES VAL'S!

On August 18, at 12:30 pm, Oakham's seniors will converge upon Val's Restaurant, at 75 Reservoir St. (Rt. 31) in Holden for their monthly lunch out. You may know Val's – it's been a family style restaurant and a local favorite since 1991. The menu leans toward Greek and Italian, but it's all there. Good value.

ANNUAL TOWN-WIDE YARD SALE!

The Oakham Council on Aging will have the Senior Center set up for the Townwide Yard Sale on Saturday, August 26. If you have new or slightly used items to donate, please bring them to the Senior Center on Wednesday, August 23rd, from 9 until 3. Do Not leave any items outside the building and Do Not bring any items that are broken or do not work properly. NO furniture or large appliances will be accepted!

- Please price any items that you donate.
- Volunteers are needed on Wednesday, Thursday, and Friday to prepare for the yard sale.
- Volunteers are needed Saturday **August 26th at 7:30 am** to assist with sales.

ANNUAL SENIOR COOKOUT AT DEAN POND:

You're invited! Just show up at Lake Dean Campground any time after 11:00 on Aug. 9 for a Picnic/Cookout. Bring a dish to share.

SCAM ALERT! With Sgt. Marderosian, OPD

By Jan Handrahan

More than a dozen engaged seniors joined us on July 12 to hear Sgt. Kevin Marderosian of the Oakham PD speak to current trends in scams targeting vulnerable citizens nationwide. He was helpful, informative, and clear: give no information over the phone because no government office (IRS, Medicare, or Social Security), no telecommunications company, nor medical facility – no one you need worry about – will call you on the phone to resolve "issues". If you think you hear your grandchild's voice, or they already know enough about you they must be real – they're not. Just hang up. See if they leave a message. Scammers won't.

Call the Oakham Police at 508-882-4076 to report any scam calls you've received. Or Rutland Dispatch (non-emergency line) at 508-886-4033 (dial 0). Our sincere thanks to Sgt. Marderosian for keeping us alert to the evolving risks.

LUNCH & LEARN w/ ELLIE DOWNER:

Review by Jan Handrahan



On Friday, July 7, the COA held a Lunch & Learn with Ellie Downer, editor of the *Barre Gazette* and noted local birder. Several members brought salads,

meats, deserts, and beverages for a lunch shared by all the 20 or more folks attending.

Ellie shared her experience and knowledge of wild birds of the area. She first became inspired to watch birds and their habits as a young girl. Her Mom was a bird enthusiast who'd share her observations and love of birds. Ellie's been birding for 45 years, and she passed that passion on to her daughter Paula, who drew beautifully detailed pictures of the birds Ellie has written about in her weekly birding column in the *Barre Gazette* for the past 35 years.

One guest shared pictures for her story about helping to rescue a juvenile red-tailed hawk the previous day. The door prize, a squirrel proof bird feeder from Hardwick Farmer's Coop, was won by 7-year-old, Ava Martin, who attended the event with her Aunt.



If you sight any strange birds not usual to Oakham, be sure to let Ellie know!

OAKHAM HISTORICAL ASSOCIATION:

The Oakham Townwide Yard Sale will be held Saturday, August 26 from 8 am to 2 pm. To be put on the map send a check for \$15 to OHA, PO Box 236, Oakham 01068. Checks must be received by August 18.

Maps can be picked up at Townhall on the morning of the sale. If you have questions call Kathy Young Dash 508-882-3137.

There will be a meet and greet winetasting at Agronomy Thursday, August 17 at 6:30 PM. The cost is \$40 per person, and there will be a trivia night also. There is a limit of 26 people so get your tickets soon. you may go on [Agronomy's website](#) to sign up.

As always, OHA has an open house the last Sunday of the month from 1 to 4 pm. The next one is July 30. In August it's the 27th. It's always an interesting afternoon – and we've acquired some new historical artifacts this summer worth checking out.

ELDERBUS:

SCM Elderbus is a non-profit transportation provider that operates under contract with the Worcester Regional Transit Authority (WRTA). It provides transportation services to seniors (age 60 and older) and people of all ages who have a disability within 21 towns in central Massachusetts. To make a reservation, you can call SCM Elderbus directly at (1-800 321-0243). You can let them know where and what time you would like to be picked up, and where you would like to be dropped off. It's reasonably priced and dependable.



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IN SYMPATHY...

We sadly note the passing of **Alpheus S. Mascroft, Jr.**, known to some as Al, some as Jr., and some as Stanley. He was born 95 years ago in Memphis, TN and lived in Oakham for over 60



years. He served in Germany after WWII and later in the Korean Conflict.

He was a student of history – of his country, his Town, his family...

He had a large and extended family and was devoted to it, visiting them in Tennessee and Mississippi and passing down stories of past family luminaries, drawing on his extensive genealogical research. He had stories of his own to pass on as well. He was a memorable man.

When he built his own home (it was said he could build anything), he got his kids to help him. Two of them live in Oakham still. He was the owner /operator of Mascroft Trucking for many years, and after retiring continued to work at RJ MacDonald's in Barre. At age 60, he received his private pilot's license, flying his Cessna out of Barre-Hiller Airport, for fishing or maybe ice cream.

He will be sadly missed and lovingly remembered by his sons Stanley, Carl, and Alpheus III, all of Florida; by Dana Mascroft and wife Pam of Gardner; by Larry Mascroft and his companion Laurie of Oakham; and by his daughter, Joyce LaBier of Oakham. He leaves a brother Ronald in Mississippi and sisters Georgia and Wanda in Tennessee. He had numerous grand and great and even great, great grandchildren, and nephews and nieces who will hear and remember his stories. Shirley Mascroft, his wife of 61 yrs, passed in 2011.

Our hearts also go out to the Hennessy family, who lost Patricia (Hennessy) Vanasse on July 2, less than a month after losing her brother James. They both lived in Oakham. She was only 68.



Patty was born in Worcester, raised in Leicester, and graduated from Leicester High School, Leo's Beauty Academy, and Brom's Barber School in Worcester. She took her turn tending bar at the former Hennessy's Café in

Leicester, worked at GF Wright Co. and for D&S Roofing. She enjoyed games – Scrabble, cribbage – and cross word puzzles. Good with words...

She leaves her brother, Rich Hennessy, and his wife Dawn from just over the line in New Braintree. And she leaves her brother Dennis "Barney" Hennessey and wife LuAnn from Leicester, many nieces and nephews. She was predeceased by brothers Edward, Donal, and James, and sisters Kathleen Soucie and Eileen Hennessy.

Our deepest condolences...

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These notices are drawn from the T&G and from official obituaries and tribute walls submitted to funeral homes by the family and friends of the deceased, with occasional additions of first-hand or public knowledge as available. Please notify the editor of any factual errata.

THE VIRTUAL JUKEBOX: a monthly feature



"Twang" is the sound of hard pounding bass strings on an electric country guitar. Think truckin' songs and Duane Eddy. But where did that sound come from? Where did it go? A great collection of guitar classics, old and older.

**Oakham Council on Aging
2 Coldbrook Rd.
Oakham, MA 01068**

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by the Executive Office of Elder Affairs**

FROM THE OAKHAM COUNCIL ON AGING:

On July 5, the Oakham Council on Aging met again for the first time since COVID. The finances were reviewed and an election of officers was held:

- Barbara Wrechinsky was voted in as Chairperson,
- Janice Handrahan as Vice Chairperson,
- Susan Richard as Secretary, and
- Lucy Tessnau will remain as Treasurer.

In hopes of getting more seniors involved, agendas and minutes will be posted online. We're also looking into the possibility of Zooming or livestreaming our meetings online. We're looking to reach out to new folks and let them know everyone is welcome at our meetings and at the Senior Center as well.

BEST TO BE COOL:

The Senior Center will be open on Thursday afternoons, beginning at 12:30 pm, as a drop-in location for cooling down and getting more comfortable during hot summer days. Chairperson Barbara Wreschinsky will be at the Senior Center to greet those that would like to come cool off.

GREETINGS FROM THE NEW COA:

By Barbara Wreschinsky, COA Chair

Tired of the heat, humidity, and rain? Come visit the Oakham Senior Center – we're an official cooling station – and meet the new members of the Council on Aging. While you're here, meet the volunteers and regulars, make some friends, renew acquaintances, maybe volunteer yourself! Many hands make light work and more fun.

The Back Door Café and Senior Center are places to relax and break the routine. Have lunch! Stay for a chat, or for an activity of your choice. We've got cards, Scrabble, dominoes, crafts, puzzling – and every other week, a movie. We've got a Lending Library and a rack of informative brochures. Join us for Monday and Friday Zumba, Tuesday cornhole, and Wednesday Coffee and Conversation. It's our clubhouse. Let's enjoy it!

You can find details on upcoming events here in the Oakham Herald along with other info geared to seniors. You can get the Herald emailed to you, or find it online on the Town website, or you can pick up a hard copy at the Library, the Lake Dean Store, or the Post Office.